

Hyperemesis Gravidarum (AK 31-USDA 301)

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| Explain to Participant | You're enrolled in the WIC program today because you are vomiting often and are having severe nausea during this pregnancy. This can keep you and your baby from getting enough water, energy, vitamins and mineral to grow healthy. Pregnant women who experience severe vomiting are at risk for weight loss, dehydration, and metabolic imbalances which may need medical attention. |
| Goal | The goal is to help you control the nausea and vomiting, so you can feel good, gain enough weight to support the growth of your baby and keep you healthy. This can be hard to do if you feel very sick. |
| Suggestions for Reducing Risk | Contact your Medical Doctor (MD) and follow the recommendations given. Get fresh air, away from strong odors, when feeling nauseated. Avoid strong smelling foods or any foods that might trigger vomiting. Keep saltines crackers at bedside and eat them before changing body positions in the morning. Eat a variety of foods from all the food groups every day. Eat high calorie, healthy snacks such as peanut butter, cheese and whole milk. Eat small, frequent meals. Drink 8 glasses of water every day (separate beverages from mealtimes.) |
| Nutrition Education Material Suggested | Blue Ribbon Babies: Eating Well During Your Pregnancy |

| Explain Applicable WIC Foods | WIC Foods | Nutrients Provided |
|-------------------------------------|------------------------|-----------------------------|
| | Milk | Calcium, Vitamin A, Protein |
| | Cheese | Calcium, Vitamin A, Protein |
| | Eggs | Protein |
| | Beans or Peanut Butter | Protein, Iron |
| | WIC Juice | Vitamin C |
| | Cereal | Iron |

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| Explain What the WIC Nutrients Can Do for You! | Calcium | Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure. |
| | Iron | Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection. |
| | Vitamin C | Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat. |
| | Protein | Makes up part of every cell in your body. Builds and maintains muscles and other tissues. |
| | Vitamin A | Helps keep your skin healthy and smooth. Helps you see at night. |

Materials with More Information

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